Kids in the Kitchen Parent Feedback

1=Involving children in meal planning and or prep	34%
2=Family mealtime	14%
3=All info good	21%
4=Recipies ideas	14%
5=Other	17%
	100%

What information in this presentation did you find most helpful.

- 1 The boys can learn a lot about contributing to mealtime whether its helping to make dinner, cleaning up, being careful with cooking utensils, etc.
- 1 The importance of including children in preparing meals, meal planning and shopping.
- 1 The age appropriate skills, ideas and examples in the various areas.
- 1 Shopping with my daughter.
- 1 Age appropriate help list.
- 1 Helping prepare meals, helping with clean-up tasks. Being together as a family and how kids can grow from that.
- 1 Ages for meal prep.
- 1 Meal preparation with children.
- 1 Turn off the TV during mealtime and take the kids when shopping.
- 1 To shop with child.
- 2 How important it is to have meals together.
- 2 The importance of sharing meals and involving children in meal planning.
- 2 Sharing meals with the family, making sure everything is clean and safe in the kitchen.
- 2 Family mealtime, and let the children have their own experience in the kitchen, shopping and preparing food.
- 3 What great info.
- 3 It all helped me.
- 3 I already learned a lot of this info but it never hurts to review. Thanks.
- 3 The plain and direct way the information is laid out. Very informative and lots of great suggestions.
- 3 Getting additional ideas.
- 3 All of the info was very good.
- ${\bf 4}\,$ Recipe ideas and food prep with kids.
- 4 Meal and lunch box ideas, helping in the kitchen.
- 4 Kinds of snacks are best and food prep.
- 4 Mixing peanut butter and banana.
- $5\,$ I work long hours, it's hard to sit down and eat as a family. I wish I could.
- $\,\,$ 5 It's hard when you work. Good info.
- 5 I already involve my child in food and meal time.
- 5 Nutrition information-grains and more fruits.
- $\,\,$ 5 Encouragement of new foods at meal time.

It also teaches them to follow directions, the importance of family time during meals, and prepares them, and teaches them skills while becoming more independent.